

/; ku D; k gS D; kadja dS sdja

<p>vkukikul fr /; ku dS sdj; vi uh vkuk ka cln dj ya vkjkenk; d fLFkr ea cB tk, a u dN djuk gS vks u gh l kpuk gS dny f"kkfky jga "okl kads l kfk gks tlb; s l gt] l jyrk l s "okl yhft, l gt] l jyrk l s "okl NksM+ s "kkarind "okl yhft, l ka ka dk vuxeu dhft, A "kUr jga vi us l ka ka ds l kfk cus jga vi usefLr'd dk mi; ksx l ka ka ds vlnj----ckgj----vlnj----ckgj---- dh f0; k dk vuxeu dj; ; g i; klr gA fLFkj jga vi uh l ka ka ds l kfk cus jfg, vi uh l ka dh Atkz ds l kfk cus jfg, vkukikul fr /; ku l jy gS-- cgr l jy gS-- dN Hkh dfBu ugh gA /; ku dkbZHH fdl h mez e;] fdl h Hkh l e; fdl h Hkh txg dj l drk gA /; ku fu; fer-- i frfnu--- vk; qds fgl kc l smrusfeuV dk dja chl feuV] ; fn mez 20 o'kz gS-- pkyhl feuV] ; fn mez 40 o'kz gS rks vks vksx Hkh bl h rjg bl if0; k l ; ge l o'kz; Kku itlr djrs gA</p>	<p>How to practice Anapanasati Meditation Close your eyes Take time to get comfortable There is nothing else to do, or think about. Just relax! Be the Breath Breathe in softly, easily. Let your breath be calm, Follow your breath. Be Calm BE WITH YOUR BREATH Use your mind to follow your breath in....out.....in....out, that is all Be Still BE WITH YOUR BREATH Be with your breath-energy Anapanasati Meditation is simple... very easy... not at all difficult. Meditation can be done by any one at any age at any time at any place Meditation should be done regularly.... Every day meditation should be done.... as per one's age in terms of those many minutes.... Twenty minutes.... If your age is twenty years and so on and so forth. Through this process, we acquire universal wisdom.</p>
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/; ku dk foKku

/; ku D; k gS

efLr'd dN ugh cl fopkjka dk i fylnk gA efLr'd taxy dh rjg ?kuk vkS vfur; i=r
1/2mi noh1/2 gS ; g I Ei wkZ 1/4 ex1/2 LokLF; ds fy, ck/kd gsrk gA vfojke ; k yxkrkj pyus
okys fopkjka ds dkj.k euq; viuh Atkz u'V djrk gA /; ku] efLr'd dks fopkj & "kh;
1/2jfr1/2 cukrk gS ftl ds dkj.k ge "kkar o fLFkj gks tkrS gS vkS ge I Ei wkZ LokLF; ikr
djrs gA LokLF; ds vfrfjDr /; ku I sgea vl; rjg ds ykHk Hkh feyrs gA

**gea "okl ka ij /; ku D; kansik pkfg, ** ge ik.kh "okl I sgh thfor jgrs gA ; g I gt
f0; k gS vFkkZ~"okl yus ds fy, iz kl ugha djuk iMrk gA ge I Hkh fcuk Hkkstu ds "okl
ds I gkjs thfor jg I drs gA yfdu fcuk "okl ge ,d {k.k Hkh thfor ugh jg I drA
; |fi geskk "okl yrs gS ij ge dHkh Hkh vius "okl ka ds ifr I ko/kku ; k pS;U; ugha jgrA
ge vius "okl ka ds ifr pS;U; ; k tkx: d jgdj vkS ml dk fujh{k.k djrs gq /; ku dh
fLFkfr ea igp I drs gA tc ge "okl dk voykdu djrs gS gekjk efLr'd [kkyh gks
tkrk gA tc efLr'd [kkyh gks tkrk gS rks gekjs "kjhj ds vlnj ipj ek=k ea vkdk"kh;
Atkz i0sk djrh gA tc [kkyh efLr'd ds vlnj fopkj ugha gsrk gS rc gekjh og Atkz
cprh gS tks I kpus ea [kpZ gsrh gA vkdk"kh; Atkz "kjhj ea i0sk dj ukMh ra= izkkyh dks
"k0 djrh gS vkS "kjhj dks LoLFk cukrh gA tS s /; ku ds fu;fer vH; kl I s dkbZ
vk/; kRed Kku ikr djrk gS oS sgh og 0; fDr ekufI d : i I s fLFkj vkS etcar gsrk gA

/; kulokLFk eagksokyh nkegRo i wkZ ?Kuk, a

- 1- tc ge "okl ds I kFk jgrs gS gekjk efLr'd [kkyh gks tkrk gA "okl gekjs "kjhj
dk vx ugha gA fQj Hkh ; g gekjs "kjhj ea jgrh gA ; g iz kl jfgr vkS fujUrj
i0goku gsrh gA ge viuh I ka ka dks vutko dj I drs gA tc ge viuh I ka ka dk
voykdu djrs gS vkS bl dh izcyrk efLr'd ij curh gS rks og [kkyh gks tkrk gA
p0d /; ku yxkrkj cdcd ea my>s efLr'd dks "kkar djrk gS gea /; ku djrs I e;
dkbZ ekufI d Nfo vius vlnj ugha cukuk pkfg, A /; ku djrs I e; gea dN dYiuk
Hkh ugha djuk pkfg, A
- 2- **tc gekjk efLr'd [kkyh gks tkrk gS vkdk"kh; Atkz v0kled , ut1/2 gekjs**
"kjhj ea i0sk djrh gS tc gekjk efLr'd fopkjka I s Hkjk gsrk gS rc ; g
vkdk"kh; Atkz dks vlnj i0sk gks ugha nskA tc efLr'd fopkjka I s fDr gks tkrk

gS rc vldk"kh; ÅtkZ dk iøk g gekjs "kjhj ea gkus yxrk gÅ bl fy,) gekjs fopkja dks xk; c djus ds fy,) , dek= jkLrk gS vius l ka ij /; ku nsuk] ; gh /; ku gÅ

vldk"kh; ÅtkZD; k gS

; g og "kfDr gS ftl dh otg l s l Hkh ik.kh gypy djrs gS i kSks c<rs gS i "kq fØ; k"kh y jgrs gS ufn; ka cgrh gS vS] fpfM+ ka mM+r h gÅ ; g thounkf; uh "kfDr gS ftl s pruk] ÅtkZ l ksy] vkRek] thokRek ; k ijekRek dgk tkrk gÅ nW js "kCnka ea ; g mu l Hkh NkS/NkS/s v.kp/ka dh xfr"kh yrk dk Linu gS tks cāk.M dh jpuk djrh gÅ

/; ku dsytk

¼½ fujFkZ vknra l kku; r% l ekr gS tkrh gS ge ea vf/kd [kku] vf/kd l kku] vf/kd ckyu] vf/kd l kpu] vf/kd ihus tS h vud [kjc vknra gkrh gÅ /; ku ds }kjk ikr ipj vk/; kfred Kku vS] vk/; kfred ÅtkZ ds dkj.k] bu l Hkh 0; FkZ vknrka dk l Ok; k vius vki] LokHkkfod : i l sgks tkrk gÅ

½½ cgrj xqRed l EcuKj vki l h 0; fDrxr l Ecu/ka ds [kjc vS] vfe=or-gkus dk vk/; kfred Kku ea deh gkuk , dek= dkj.k gÅ vk/; kfred Kku gkus l s vki l h 0; fDrxr l Ecu/ka ea vR; Ur e/kjrk] fe=rk vS] ifji wkrk vkrh gÅ

½½ l gh vS] xyr dk KkuA D; k djuk pfg, \ D; k ugha djuk pfg, \ , d s vud cgeW; iz'u gÅ D; k l gh gS D; k xyr gS bl fo'k; ea ge ges'kk nfo/kk ea gks gÅ exj] , d h nfo/kk, a fl QZ vk/; kfred vijjido 0; fDr; ka ds fy, gkrh gÅ , d vk/; kfred ifjiDo 0; fDr ds fy,) l c dN vki kuh l s l e> vkus okyh gkrh gS vS] ml ij rRdky dke fd; k tk l drk gÅ

¼½ thou dsmnS; dh l e> gkrh gÅ ge l Hkh fdl h u fdl h mnS; ;] fdl h fo"ksk dk;] fdl h dk;Z dh : ijs[kk vS] ; kstuk dks l kfk ydj iSk gq gÅ doy vk/; kfred ifjiDo 0; fDr gh vius fo"kv mnS; ; vS] fo"ksk dk;Z ¼e"ku¼ dh : ijs[kk vS] ; kstuk dks l e> l drk gS vS] thou Hkj l c ds fy, l tx jgrk gÅ fdl h vkRek ds vorj.k dk mnS; ; vk/; kfred Lrj ij vS] vf/kd mlufr djuk gkrk gS yfdu oLrq txxr ds vkun vS] [kq"ka; ka dks NkMedj ugha

- /; ku foKku] ÅtkZ dks c<kus okyk foKku gÅ
- /; ku foKku] "kkjhjd LokLF; dk l gh foKku gÅ

- /; ku foKku] I pep I Ei wKZ , dhdr foKku gA
- /; ku foKku] vkuln dk ; FkkFkZ foKku gA

/; ku eflr'd dks "kar djrk gA

/; ku eflr'd dh I QkbZ djrk gA

/; ku eflr'd dks [kkyh djrk gA

/; ku i kFkZuk ugha gA

/; ku ea=ka dk mPpkj .k ugha gA

/; ku Lo; ads vlnj dh , d vkrfjd ; k=k gA

/; ku rrrh; us= [kkyrk gA

/; ku I koBkksed Kku i klr djrk gA

/; ku J\$Brk inku djrk gA

/; ku "kk"or vkuln gA

/; ku vkRe I d/kZu gA

/; ku I R; dks tkuuk gA

/; ku Lo; ads tkuuk gA

vkukikul fr /; ku gh 0; fDr dks vdsys vk/; kfred LokLF; inku djrk gA vk/; kfred LokLF; gh ey ¼tM½ gS vkj "kkjhjd LokLF; Qy gA ʎ; ku* gh I cl scMk migkj g\$ ft I s ge viuh thou dks I e) cukus ds fy, Lo; ads ns I drs gA

½½ jkx Bhd gksrg& "kjhj ds I Hkh n[ka dk dkj.k ekufI d ijs'kkuh gA bu I Hkh ekufI d ijs'kkfu; ka dh otg vi; klr Kku ; k vijDork dk gksuk gA vi; klr Kku ; k vijDork] vk/; kfred AtkZ vkj vk/; kfred Kku dh deh ds dkj.k gksuk gA /; ku ds }kj] tc ge ipj ek=k ea vk/; kfred AtkZ vkj vk/; kfred Kku i klr djæ\$ rHkh gea cgrj I e> dh {kerk i klr gksxA /khj&/khs I Hkh ekufI d ijs'kkfu; ka [kRe gks tk, xhA QyLo: i I Hkh "kkjhjd d'V feV tk, xA /; ku gh , dek= I Hkh chekfj; ka ds mi pkj dk ekxZ gA

½½ Lej.k "kDr c<rh g& /; ku I s i klr dh xbZ vf/kdkf/kd v/; kfred AtkZ eflr'd dks vf/kd f0; k"khv vkj i wKZ-% {kerkoku cukus ea enn djrh gA /; ku ds }kj Lej.k" kDr ea vnhkr of) gksrh gA bl hfy, I Hkh Lrj ij fo|kFkZ; ka ds fy, /; ku cgr t: jh gA

½½ /; ku dk rjhd& vkjke I s cB tk, a viuh vk[ka cln dj yA nksuka gkFk dh maxfy; ka vki I ea clak yA i\$ka ea ikyFkh ekj yA "okl ka dh f0; k dk voykdu djA /; ku djrs gq

ea= dk mPpkj.k ugha djuk pkfg, A nòh ; k nòrkvka dh Nfo dk Lej.k ugha djuk pkfg, A ; fn bl ea fopkj ck/kk igpk, rks gea ml s fl QZ n[kuk pkfg, v[s u; s fl js l s "okl ka i j /; ku d[unr djuk "kq djuk pkfg, A /khjs /khjs fopkj Lor% l ekr gks tk, xA tc fopkj ijh rjg foyr gks tk, x[vud rjg dh vud[ir; ka gkxhA /; ku djrs l e; dejs ea d[v[kjk gksuk pkfg, A /; ku dsfy, l e; fu/kkZjr ugha gA dkbZ Hkh l e; vPNk gks l drk gA gea /; ku mrus l e; ; k feuV rd djuk pkfg, tks gekjh vk; q dh l [; k ds cjkj gkA /; ku dkbZ Hkh dj l drk gA iq 'k&efgyk] toku v[s c[k--- v[s fdl h mez dk cPpk Hkh /; ku dk v[; kl dj l drk gA /; ku ea tkfr] o[k] l dfr] /keZ vkfn dk c[ku ugha gA intk v[s vkjk/kuk djus dh t: jr ugha gA /; ku fdl h Hkh l e; v[s dgha Hkh fdl h ds }kjk fd; k tk l drk gA

1/8% eu vf/kd vkune; gkrk g& gea vius thou ea vud ckj foQyrkv[voekuukvka v[s n[kka dk l keuk gkrk gA tcf d vk;/ kRed Kku v[s Åtk& l Eilu 0; fDr dk thou l Hkh rjg dh foQyrkv[viekuka v[s n[kka ds ckotm Hkh "kkar v[s vkune; gkrk gA

1/8% dk; Z ea vf/kd l s vf/kd n{krk& ipj vk;/ kRed Åtk v[s vk;/ kRed Kku gks l s l Hkh dk; Z pgs os "kkjhfd gka ; k ekuf l d] cMh d[kyrki d gks gA de l e; ea ge vf/kd dke djus ea l {ke gks gA de l d k/kuka ds l kFk ge cgrj dke dj l drs gA

1/10% l kus dk l e; de gkrk g& /; ku ds }kjk vf/kd ek=k ea vk;/ kRed Åtk feyrh gA bl Åtk dk d[oy , d v[k gh l kus ds njE; ku gea i l r gkrk gA Ms+?kUVs dk xgjk /; ku N%?kUVs dh xgjh uhm ds cjkj gkrk gA bl rjg tc ge Ms+?kUVs dk /; ku djrs g[rc ge "kjhj dks N% xqk T; knk vkjke nrs gA v[s efLr'd dks N% xqk vf/kd "kDr nrs gA

1/11% v[Recy c<krk g& fopkjka dks muds vius ifj.kke rd igpkus ds fy, i; kZr Åtk v[s cy dh t: jr gks h gA v"kkar 1/2 ppy 1/2 efLr'd ds vlnj i h[k gksus okys fopkjka ea "kDr dk idkg de gkrk gS bl fy, os mfpr ifj.kke ugha ns ikrs gA tcf d , d "kkar 1/4 LFkj 1/2 efLr'd T; knk l dkj kRed fopkj "kDr i l r djrk gS v[s fopkjka dks Hkh l Qyrk feyrh gA l kjk[kr% vkRe" kDr vk"p; Itud <x l s c<rh gA